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NEWS  
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## Scaly skin?

Six foods to keep you moisturized PAGE 15



## MULCAIR'S MIDDLE-CLASS PITCH

Federal NDP Leader Thomas Mulcair speaks to a crowd at a Halifax Chamber of Commerce luncheon at Casino Nova Scotia on Monday. Mulcair was in Halifax throughout the day Monday and gave the chamber his pitch on how to revitalize the middle class in Canada. Story, page 6. JEFF HARPER/METRO

## 'Callous and brutal'

**Second-degree murder.** Details emerge on how N.S. homeless man was lit on fire at bus stop; guilty pleas entered

A spokesperson for an emergency winter shelter in downtown Halifax says the horrific details of how a homeless man was killed two years ago shows the "callous and brutal" way some in society can treat people who live on the streets.

"I think this crime and its graphic description really shows the extent to which we can dehumanize people who are poor or homeless or involved in the street, to a really frightening degree," said Kevin Kindred, spokesman for Out of the Cold, about the murder of Harley Lawrence, whose body was found in a burning Berwick bus shelter in 2013.

The two men charged with killing Lawrence pleaded guilty to second-degree murder in Nova Scotia Supreme Court in Kentville on Monday.

During the court appearance, it was revealed in an agreed statement of facts that Daniel Wayne Surette and Kyle David James Fredericks bought \$10 worth of gasoline and poured it over Lawrence's sleeping body before lighting him on fire.

Kindred said people who live on the street, many of whom suffer from mental illness or drug addiction, are particularly vulnerable and often have a hard time taking care of themselves.

"I think there is a lot of empathy in the public but there also is a lot of either cruelty or just willingness to turn a blind eye to the problem," Kindred said on Monday.

Halifax also recently had a high-profile incident involving one of its homeless people. In June 2014, a homeless man was assaulted in an unprovoked attack in broad daylight in Victoria Park. Police said the 61-year-old victim sat defenceless as a man repeatedly punched him in the face. SYDNEY JONES/FOR METRO

More coverage, page 4



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Feedback

## Metro Halifax asks: What's our best street?

Metro Halifax is on a hunt to find the city's best street, and we want your feedback.

Is Agricola Street or Young Avenue the tops for you, and why? Does Dartmouth's Portland Street make you smile? What about somewhere in Bedford, Sackville or Cole Harbour?

Is there a beautiful, tree-lined street in your neighbourhood you think more people should know about?

We're taking into consideration everything from shops, nightlife and walkability to scenery, safety and accessibility. We want to hear about your favourite street in our region.

Let us know by sending an email to [haley.ryan@metronews.ca](mailto:haley.ryan@metronews.ca) or find our Metro Halifax page on Twitter and Facebook. We will compile a list of the top five streets for the public to vote on next month.

METRO



Jovana Duke roller skates down Agricola Street in 2014.

HALEY RYAN/METRO



The executive director of the non-profit Our Horizon will stop to speak at Dalhousie University's Schulich School of Law on Wednesday about a campaign to have municipalities across Canada require climate-change information on gas pumps. JEFF HARPER/METRO

# Talk about sticking it to fossil fuels

## Environment.

Non-profit proposes climate-change warning stickers on gas nozzles



HALEY RYAN  
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For the past few years, sobering pictures on cigarette packs have been making Canadians think twice before lighting up — and some are hoping drivers do the same and think about the environment when lifting a gas nozzle.

Robert Shirkey, lawyer and executive director of the non-profit Our Horizon, is stopping to speak at Dalhousie Univer-

## Quoted

"Collectively, we're changing the chemistry of our planet."

Robert Shirkey, lawyer and executive director of the non-profit Our Horizon

sity's Schulich School of Law at 6:30 p.m. Wednesday about a campaign to have municipalities across Canada require climate-change information on gas pumps.

"A lot of people initially will come in ... thinking, 'It's a sticker; what's a sticker going to do?'" Shirkey said Monday.

"If you're exposed to this maybe once a week or so ... you might be more motivated to consider something like public

transit or carpooling."

At first glance, Shirkey said the idea may seem like a Band-Aid solution for a huge issue like climate change, but simple ideas are most effective at changing one's mindset.

With more people reading labels like "Use of this fuel product contributes to smog" or how climate change may put up to 30 per cent of species at risk of extinction or contribute to ocean acidification, Shirkey said it's harder for people to disconnect themselves from the idea they are responsible.

He said the conversation could move toward looking at the alternatives to fossil fuels out there, having citizens question the fuel industry more and exploring different transportation options. All these

things give politicians more leverage when calling for transit funding and encouraging green technology innovation.

It's easy to think of climate change as a result of the oil-sands or offshore drilling, but if residents regularly use fossil fuels, there will always be the infrastructure to deliver them, Shirkey said.

Although Shirkey said it would be hard for cities like Halifax to pass a bylaw now and contend with legal challenges from gas companies, West Vancouver passed a resolution approving the labels on gas pumps across Canada. He hopes to see it pass through the Federation of Canadian Municipalities, which would take the heat off individual governments.

1 NEWS

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# 'They viewed him as a bum ... as a possible rat'

**Court.** Nova Scotia men who set homeless man on fire plead guilty to murder

Two Nova Scotia men who doused a homeless man with gas and set him on fire with a cigarette lighter while he was sleeping in a bus shelter pleaded guilty Monday to second-degree murder.

The Crown read a summation of an agreed statement of facts in Harley Lawrence's death after Daniel Wayne Surette and Kyle David James Fredericks entered their pleas.

Lawrence, 62, was found in a burned out bus shelter on Oct. 23, 2013, in Berwick, a small town about 120 kilometres northwest of Halifax.

Six months later, Surette, 27, and Fredericks, 25, were charged with first-degree murder.

A preliminary hearing for Surette and Fredericks began earlier this month but their defence lawyers agreed Monday to proceed with a trial in Nova Scotia

## Sentencing

A sentencing hearing has been scheduled for April 28.

Supreme Court in Kentville, where they pleaded guilty to the reduced murder charge with the Crown's consent.

"I hope the family can find some closure," Surette said as he was whisked out of the courtroom in handcuffs and remanded into custody.

Ron Lawrence, the victim's brother, said the pleas give him little comfort.

"It shows a sense of guilt and closure on their behalf, knowing that they accept responsibility," he said outside court.

"But it still doesn't change nothing."

Surette's lawyer said his client has been bothered by his actions and the Crown agreed that they weren't planned and deliberate.

"I think it was a question of getting a resolution that fit what he did," Ken Greer said. "It wasn't a first-degree murder. It was a second-degree murder and once the Crown was able to move off of first-degree murder, we were able to come to a resolution quickly."

Outside court, Crown attorney James Fyfe said Fredericks pumped \$10 worth of gas into a plastic container at a gas station near the bus shelter where Lawrence slept and Surette paid for the fuel.

"They at some point made a decision. I'm not sure — it's unclear whether



Daniel Wayne Surette arrives at provincial court in Kentville on Feb. 9. Surette and Kyle David James Fredericks pleaded guilty Monday to second-degree murder in the burning death of Harley Lawrence, a homeless man. ANDREW VAUGHAN/THE CANADIAN PRESS

it's before they bought the gas or after that they were going to burn this man," Fyfe said.

Fredericks and Surette believed Lawrence was either a police informer or undercover officer and they had a dislike for him that had been festering, Fyfe said.

"They viewed him as a bum, they viewed him as a possible rat or a narc and that seems to have played some part in their eventual

decision to do this horrific act," he said.

The two men face a life prison term with no chance of parole until at least 10 years is served.

Fyfe wouldn't say what sentence he will seek but confirmed there will be a joint recommendation with the Crown that will go beyond the minimum parole eligibility period.

"I think you can be assured of that," said Fyfe.

THE CANADIAN PRESS



Kyle David James Fredericks arrives at provincial court in Kentville on Feb. 9. ANDREW VAUGHAN/THE CANADIAN PRESS

## The reality of homeless life across the country

Some questions and answers about the homeless and the violence they face in Canada after two men pleaded guilty Monday to second-degree murder in the death of Harley Lawrence in Berwick.

**Q: How many homeless people are in Canada?**

A: The Canadian Alliance to End Homelessness, a Calgary-based advocacy group, estimates in its 2014 State

of Homelessness report that 235,000 Canadians experienced homelessness at some point during the year.

**Q: How much violence occurs against the homeless?**

A: Tim Richter, president of the Canadian Alliance to End Homelessness, says: "Violence against the homeless is common in Canada ... We have a lot of work to

do in protecting vulnerable Canadians."

He cites a survey of 339 people who slept in a shelter or on the street from Nov. 30 to Dec. 1 in Waterloo, Ont. The survey found that 115 of those surveyed — 41 per cent — reported "being a victim of a violent attack since becoming homeless." Almost half of those surveyed said people take their possessions.

**Q: Did fundraising efforts increase after Lawrence's death?**

A: Since Lawrence's murder, the Annapolis Valley became one of Canada's largest contributors to the Coldest Night of the Year walk. In 2014, the region raised \$87,000 for the Open Arms shelter that Lawrence occasionally visited in Kentville.

THE CANADIAN PRESS



Harley Lawrence, the victim of a brutal murder in Berwick. KINGS COUNTY REGISTER





A nurse pickets outside the Halifax Infirmary last year. METRO FILE PHOTO

# Temporary nurses flown in to fill gap

**Health.** Shortage at QEII due to 'unusual' number of retirements, medical authority says



**HALEY RYAN**  
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For the first time ever, the Capital District Health Authority says it is hiring travel nurses to cover a shortage at Queen Elizabeth II Health Sciences Centre, after what it calls an "unusual" number of nurses retired this year.

Bruce English, director of People Services for the Capital Health District Authority, said CDHA is bringing in 10 to 12 people starting March 9 to help during a "short-term shortage."

"People don't have to tell us when they retire ahead of time. They just do," English said, although he could not say exactly how many nurses retired so far in 2015.

"This year was unusual." English said the QEII's intensive care unit is down four beds, but they should be ready to take patients again in March when the replacement nurses arrive since it takes three people to open one bed.

Many ICU nurses are senior in their careers, and retired in early 2015 to take advantage of a "double-bump," English said, when their pension fund would be based on their 2013 salary, which was a "good year."

The health authority engaged two hiring firms and is working through a list of candidates now from Ontario and western Canada, English said.

Travel nurses are highly trained, English said, but cost CDHA more than local nurses because they pay for a higher salary, their travel, living accommodations, and the agency's fee.

According to a release from the Nova Scotia Government and General Employees Union, the large number of retirements emanates from tensions with the Liberal Bill 37 and Bill 1 legislation.

"Perhaps if this government and employer chose to treat permanent staff in a more respectful manner, they'd stand a better chance of retaining their services," president Joan Jessome said in a release.

English said there's "a lot of changes" in the system, but he's heard nurses saying they've delayed their retirement and now is financially a good time to go.

# 146 cruise ships heading here

The Port of Halifax is anticipating the arrival of 146 cruise ships carrying a total of 240,000 passengers during the 2015 cruise season.

The season will kick off with the arrival of the Regal Princess cruise ship on April 19, which will be the first of eight inaugural calls during the 2015 season.

"This is such an exciting way to start the 2015 cruise

## Quoted

"This is such an exciting way to start the 2015 cruise season."

Cathy McGrail, director of Cruise and Corporate Communications for the Port of Halifax

season in Halifax," said Cathy McGrail, director of Cruise and Corporate Communications for the Port of Halifax.

"Not only is this a spec-

tacular first-time call from one of our longstanding and valued cruise line partners," McGrail added, "but this is also a vessel that is equipped to

access shore power."

The Port of Halifax estimates the arrival of more than 25 ships equipped to access shore power during the season.

Other highlights include five visits from the Queen Mary 2. More than 10,000 passengers and crew are expected on the busiest day of the season, slated for Oct. 16.

SYDNEY JONES/METRO

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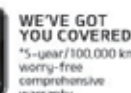
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# The dollars and cents of NDP middle-class revival

**Halifax speech.** Federal Opposition Leader spells out economics of universal child care, business taxes, and a standard minimum wage



**RUTH DAVENPORT**  
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The leader of the federal NDP was in Halifax to woo a business audience Monday, highlighting the economic benefits of investing in social supports for the middle class.

Thomas Mulcair spoke to a Halifax Chamber of Commerce luncheon at Casino Nova Scotia, telling the audience of about 100 that this generation is the first in Canadian history that is not expected to “do as well” as the last.

“The reason for that is that over the last 35 years, we’ve had increasing inequality in Canadian society,” said Mulcair. “That increasing inequality... (is) the result of policy choices that have been made.”

A federal election is scheduled for this fall, though it’s believed the writ may be dropped this spring.



Federal NDP Leader Thomas Mulcair speaks at a Halifax Chamber of Commerce luncheon at Casino Nova Scotia on Monday. JEFF HARPER/METRO

Leading off a speech and Q&A session that addressed climate change, household debt and immigration strategies, Mulcair said a New Democrat government would implement a \$15 per day universal child-care program.

He said such a program

in Quebec resulted in 70,000 women returning to work, prompting a “bump” in the provincial GDP of about 2.5 per cent.

“Across Canada, chambers of commerce... are now starting to look at child-care not only as a social issue, but increasingly as an

economic issue,” he said.

Mulcair also pitched a \$15 per hour minimum wage for employees in federally regulated professions.

“We’ll scale it in and we’ll do it working with employers,” he said. “We’re going to get it done because

## Quoted

**“The reason for that is that over the last 35 years, we’ve had increasing inequality in Canadian society. That increasing inequality... (is) the result of policy choices that have been made.”**

Federal NDP Leader Thomas Mulcair Explaining in his speech why this generation is the first in Canadian history that is not expected to ‘do as well’ as the last.

the smartest thing to do to get people spending is to put money in their pockets.”

Among other promises in the speech were a commitment to impose taxes on large corporations more in line with the average among G7 countries, and to reduce the small and medium business tax rate from 11 to nine per cent.

Mulcair also worked in the near-requisite reference to the Ivany report, saying several of his party’s initiatives support the year-old report’s goals.

“The report itself said, on page 10, that a lasting turnaround in Nova Scotia requires, ‘a stronger partnership with the federal government,’” he said. “That’s my promise to you.”

## NDP’s chances

### Mulcair sounds optimistic

The leader of the federal Opposition seemed optimistic that Canadians from “coast to coast” are ready for change in the next election — even in Nova Scotia, where the provincial NDP recently suffered a collapse.

“For the first time in Canadian history, there’s going to be a three-way race,” he said after Monday’s speech. “People are looking at us completely differently.”

Nova Scotia’s first NDP government won a majority in 2009 and lost it decisively in 2013, slipping from 31 seats to seven. But Mulcair didn’t address the



**Halifax MP Megan Leslie.**  
JEFF HARPER/METRO

possible impact of that result on the federal party, opting instead to highlight the Dexter government’s work on the national shipbuilding procurement strategy as a success story. “I’m proud of the work that was done here by the NDP in Nova Scotia and we’re going to make sure that that work is completed.” The NDP hold three of the city’s four federal ridings — Halifax (Megan Leslie), Sackville Eastern Shore (Peter Stoffer) and Dartmouth-Cole Harbour (Robert Chisholm).

RUTH DAVENPORT/METRO

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## Maritime Link project on time, on budget: Emera

The \$1.6-billion Maritime Link that is now under construction as part of the Muskrat Falls hydroelectric project is on time and on budget, says the head of Emera (TSX:EMA) in Newfoundland and Labrador.

President and CEO Rick Janega said about 300 people are now working on the sub-sea cable and transmission line to connect the island of Newfoundland to Nova Scotia. The 170-kilometre underwater link is also on schedule to be in service in October 2017, he told reporters Monday before updating the St. John’s Board of Trade.

“We’re pleased with progress. We’re on time and on budget,” Janega said. “We

## Distance covered

- The Maritime Link subsea cable system will stretch from Cape Ray, N.L., to a site near Point Aconi in Cape Breton.

have no concerns at this point that there will be any delays to getting that in-service date.” At its peak, Janega said the project will create up to 600 direct jobs not including spinoffs.

Tree and ground clearing is underway for 400 kilometres of above-ground line with more than 1,000 transmission structures and seven terminals, he said in a luncheon speech.

Contracts worth about \$100 million have been awarded.

The joint project between Crown corporation Nalcor Energy and private utility Emera would bring power from Muskrat Falls to the island of Newfoundland then on to Nova Scotia. The total price estimate for the development on the lower Churchill River near Happy Valley-Goose Bay is close to \$8.6 billion including Emera’s share of the Maritime Link. The link was earlier projected to cost about \$1.52 billion. Those forecasts were raised at a later planning stage to \$1.577 billion, narrowly within the maximum of \$1.58 billion approved by the Nova Scotia Utility and Review Board. **THE CANADIAN PRESS**





## Locked-out workers walk the picket line

Pressmen and mechanics from The Chronicle Herald picket in front of the company's main office on Joseph Howe Drive after being locked out over the weekend by the employer. Wages and job security are two of the sticking points. **JEFF HARPER/METRO**

# Worker 'up to his chin in corn'

## Colchester County. Firefighters rescue man who fell in grain elevator

Firefighters from several departments in Colchester County rescued a man who fell into a grain elevator Monday afternoon.

Larry Kinsman, the deputy chief of the Great Village and District Fire Brigade, said a couple of firefighters were

able to climb up the grain elevator at Balamore Farm Ltd. and get a rope down to the 20-year-old man.

"Before it was all said and done, he was up to his chin in corn," said Kinsman, while firefighters cleaned gear out of the 300-tonne grain elevator.

"He went in because the auger wasn't working right. The corn on this side of the bin was about halfway up, but it was about four or five feet higher on the other side, so it kept flowing at him."

### Quoted

"He was walking.... His hands had gone numb, but that was from the rope around his chest and him sagging down. He had a lot of pressure on him."

Larry Kinsman, deputy chief of the Great Village and District Fire Brigade

The deputy chief said the man, who is an employee at the farm, was able to get his phone out and call for help before the corn covered his waist.

According to a press release from the Colchester RCMP, the employee called a co-worker, who turned off the auger immediately. When they were unable to free the man, they phoned for assistance from emergency personnel.

He was assessed on scene before being transported to the Colchester East Hants Health Centre for further treatment of what's believed to be non-life-threatening injuries.

The Nova Scotia Department of Labour has been contacted about the workplace accident. **TRURO DAILY NEWS**

## Pictou County. Home destroyed by fire

A fire destroyed a home in Pictou County early Monday morning.

The Linacy Fire Department was called at around 4 a.m. and arrived to find the Priestville home fully engulfed in flames.

No one was in the house at

the time of the fire.

Linacy was assisted by the Thorburn and New Glasgow fire departments. Linacy Chief Dale Pettipas said they are still investigating the cause of the fire. The home was being heated by a pellet stove. **NEW GLASGOW NEWS**



What is left of a home in Priestville. **NEW GLASGOW NEWS**

# Business owner fined \$40K for tax evasion

A Halifax-area business owner has been fined \$40,000 after he pleaded guilty to tax evasion.

According to a release from the Canada Revenue Agency (CRA), Peter J. Chartier failed to declare more than \$104,000 in income on his 2009 personal income tax return, evading \$14,422 in income taxes.

### Penalties

**Peter J. Chartier must pay the full amount of tax owing, plus interest and any civil penalties assessed by the CRA.**

Chartier also failed to report a total of \$25,457 in

HST for his company, Cleaning Technology PJC.

Chartier pleaded guilty in September and was fined last week in Dartmouth provincial court.

The release states that the fine represents 100 per cent of the taxes evaded and must be paid within 10 years.

**METRO**

### Burnside

## Tractor trailer gets stuck in snow bank at busy intersection

Specialized towing equipment had to be brought in to remove a tractor trailer that had become stuck in a snow bank at a busy intersection in the Burnside Industrial Park.

Halifax Regional Police say the truck became stuck at the intersection of

Wright Avenue and Windmill Road just before noon on Monday.

Spokesman Const. Pierre Bourdages said the truck went over a snow bank when making a turn and was stuck in the snow on a 30- to 40-degree angle.

Traffic was closed at the intersection, except for the inbound lanes on Windmill Road, for about 90 minutes until the truck was finally freed. **METRO**

### Weather

## Wintry-blast warning issued

Environment Canada issued extreme-cold warnings for Cape Breton, the province's eastern shore and northern parts of the province on Monday. In addition, it said a low-pressure system would bring snow changing to rain during the day on Wednesday for much of Nova Scotia.

**THE CANADIAN PRESS**



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## Propaganda definition too broad in terror bill: Experts

A federal proposal, to scrub terrorist propaganda from the Internet, risks the deletion of speech that has no ties to violent threats, says a new analysis.

The definition of propaganda in the government anti-terrorism bill is dangerously broad, law professors Craig Forcese and Kent Roach say in their paper.

The bill, introduced late last month, proposes giving the RCMP power to seek a judge's order to remove terrorist propaganda from websites.

Forcese, of the University of Ottawa, and Roach, who teaches at the University of Toronto, say while they support the idea in principle, it should be rooted in actual or threatened violence.

Conservatives brought in the bill — which would also significantly expand the powers of Canada's spy agency — following the daylight murders of two Canadian soldiers

last October.

The Canadian Security Intelligence Service would become an agency that tries to derail terror plots, not just one that collects and analyzes information. The bill would create a new criminal offence of encouraging someone to carry out a terror attack.

The New Democrats oppose the bill, calling it a serious infringement on civil liberties that will not be effective in reducing terrorism. The Liberals have agreed to support it with the caveat that they will bring in stronger oversight of the intelligence agencies should they form the next government.

In the House of Commons, Public Safety Minister Steven Blaney said the jihadi extremists' threat is real. "That is why we need to move on and put measures in place to keep Canadians safe."

THE CANADIAN PRESS

## Greyhound killing. Group home suggested for man who beheaded passenger

Experts are recommending a man who beheaded a fellow passenger aboard a Greyhound bus should be transferred from a mental facility to a Winnipeg hospital with an eye to moving him to a community group home.

It's also being suggested that Vince Li be granted unescorted outings in the city. Li's psychiatrist, Dr. Steven Kremer, told a criminal code board review hearing Monday that Li has shown "profound improvement" and is at low risk to re-offend. Risk assessments done by other doctors came to the same conclusion, the board heard.



Vince Li THE CANADIAN PRESS

Li, 46, has not had any hallucinations in over a year and understands the need to take his medication, Kremer said. Should Li be transferred to a group home, staff there would ensure he continued the medication necessary to manage his schizophrenia, the doctor said.

THE CANADIAN PRESS

### Leaks

## Policy tightens lid on federal cabinet secrets

The Conservative government has tightened the lid on federal cabinet secrets in an effort to prevent compromising leaks. A revised policy on the security of so-called cabinet confidences requires all possible breaches — "however slight" — to be reported immediately to the Prime Minister's Office or the Privy Council Office.

THE CANADIAN PRESS

### Mohamed Fahmy

## Journalist's retrial postponed

A Canadian journalist who had been imprisoned for more than a year in Egypt expressed frustration Monday as his retrial on widely denounced, terror-related, charges was postponed. After a brief hearing in a Cairo court, Mohamed Fahmy and his Egyptian colleague had their case put over to March 8. Outside court, Fahmy called his retrial "a circus."

THE CANADIAN PRESS



Left to right: Aileen Joseph, Sue Martin, Nancy Britan and Beverly Jacobs take part in a national candlelight vigil to honour missing or murdered Aboriginal women on Parliament Hill in 2009. Martin's daughter, Terrie, was killed in Calgary in 2002, and no one has been charged for the crime. A roundtable dedicated to addressing the key themes of the issue, including prevention and awareness, will be held in Ottawa on Friday. FRED CHARTRAND/THE CANADIAN PRESS

# Roundtable set to address missing, murdered women

## Aboriginal issues. Groups and activists still pushing for national inquiry

Every year on April 29, Sue Martin marks her daughter Terrie's death by holding a vigil where she cooks and invites family members over to pray and share stories about loved ones.

Terrie was 24 when she was murdered in her Calgary home in 2002 while her children were in their rooms. She had been severely beaten, but to this day no one has been charged for the crime.

Martin believes there need to be tougher laws and more police resources to deal with killings involving Aboriginal women like her daughter.

"We need more education for our women, and more safe places for our women to go," Martin said, referring to shelters for Aboriginal females.

Those are some of the things

Martin wants to see come out of Friday's roundtable in Ottawa on missing and murdered Aboriginal women. The roundtable will bring together representatives from the provinces and territories, national Aboriginal groups, and the federal government — two delegates from each group will be at the table.

The Aboriginal groups attending include the Assembly of First Nations, the Congress of Aboriginal Peoples, and the Native Women's Association of Canada. Aboriginal Affairs Minister Bernard Valcourt and Status of Women Minister Kellie Leitch have also said they'll be participating. The roundtable is being held amid repeated calls for a broader national inquiry.

Prime Minister Stephen Harper's government is instead devoting \$5 million a year for five years toward an "action plan" to end violence against Aboriginal women, and says a

### Report

Last May, the RCMP released a report that found between 1980 and 2012 there were 1,181 police-recorded incidents involving missing Aboriginal females and homicides of Aboriginal females.

- Most of the homicides were committed by men who knew their victims, the report said.
- The roundtable will address key themes including, prevention and awareness, police and justice system responses, and "community safety plans and protocols."

national missing persons DNA index will also help address the problems.

Betty Ann Lavalley, national chief of the Congress for Ab-

original Peoples, who will be at the table Friday, represents one such group.

"Who knows. There's a federal election coming up. Maybe the next time around there will be a better understanding and sympathy toward what a lot of these (missing and murdered) women when through, and hopefully see the rationale for a national inquiry," Lavalley said in an interview.

Dawn Harvard, interim president of the Native Women's Association of Canada, noted that provincial leaders such as Premier Kathleen Wynne understand the missing and murdered Aboriginal women's issue is "a crisis" even though the federal government doesn't see things that way.

"How do you have these (different) views of reality?" asked Harvard, a member of the Wikwemikong First Nation on Manitoulin Island, who will also be at the table Friday.

TORSTAR NEWS SERVICE

## Charter challenge brought against new voter ID laws

Two advocacy groups are asking the courts to set aside new Conservative election rules that they say will make it more difficult for thousands of Canadians to vote in this year's federal election.

The Council of Canadians and the Canadian Federation of Students have filed evidence to support a constitutional chal-

lenge of last year's legislation, dubbed the Fair Elections Act by the Harper government.

"The very legitimacy of the government is at issue if these rules stand, in our submission," lawyer Steven Shrybman told a news conference Monday.

The groups say new voter identification rules contravene Section 3 of the charter, which

states everyone has the right to vote, as well as the equality provisions in the Constitution.

The Fair Elections Act was introduced last February to near-universal condemnation from electoral experts from across Canada and abroad, and the Conservatives eventually removed a number of the most contentious aspects of the bill

before rushing it through the House of Commons and the Senate.

However the new rules still forbid voters from using the Elections Canada voter identification card as proof of residency — although some 400,000 voters used the cards for this purpose in the 2011 federal election. THE CANADIAN PRESS



### Northeastern Nigeria

## Girl suicide bomber kills four others

A girl as young as 10 blew herself up in a busy market in northeastern Nigeria, killing herself and four others and fueling fears Islamic extremists are using kidnapped girls as suicide bombers.

There was no immediate claim of responsibility for the

attack Sunday, which also seriously wounded 46 people, but it bore the hallmarks of Boko Haram.

The girl, who appeared to be no more than 10 years old, got out of a tricycle taxi in front of the busy cellphone market in Potiskum then detonated her explosives, according to Anazumi Saleh, a survivor of the attack who suffered head injuries.

THE ASSOCIATED PRESS

### Bangladesh

## Death toll rises after river ferry disaster

The death toll from a weekend ferry disaster in central Bangladesh rose to 70 on Monday, as divers finished their search after the vessel was lifted to the surface and towed to shore.

A local government administrator, Rasheda Ferdousi, said the area of the river around the accident site was still being monitored because some passengers were still missing. He did not give an exact number.

"Our people are using boats to survey the river for any dead bodies," Ferdousi said.

THE ASSOCIATED PRESS

### Ukraine

## Continued rebel attacks prevent weapons pullback

Ukraine delayed a promised pullback of heavy weapons from the front line Monday, blaming continuing attacks from separatist rebels in eastern Ukraine.

Under a peace agree-

ment reached Feb. 12, both sides are to withdraw their heavy weapons 25 to 70 kilometres back to create a buffer zone. Ukrainian officials said Sunday they were planning to start.

However, military spokesman Lt. Col. Anatoliy Stelmakh told reporters on Monday the pullback will not begin until rebel attacks stop entirely.

THE ASSOCIATED PRESS

# U.S., Iran talk nuclear

**Tehran.** Iranian officials say they don't want arms, just enrichment for energy, medical and scientific purposes

Edging toward a historic compromise, the U.S. and Iran reported progress Monday on a deal that would clamp down on Tehran's nuclear activities for at least 10 years but then slowly ease restrictions on programs that could be used to make atomic arms.

Officials said there were still obstacles to overcome before a March 31 deadline, and any deal will face harsh opposition in both countries. It also would be sure to further strain already-tense U.S. relations with Israel, whose leaders oppose any agreement that doesn't end Iran's nuclear ambitions.

Israeli Prime Minister Benjamin Netanyahu is expected to

strongly criticize the deal in an address before Congress next week.

Still, a comprehensive pact could ease 35 years of U.S.-Iranian enmity — and seems within reach for the first time in more than a decade of negotiations.

"We made progress," U.S. Secretary of State John Kerry said as he bade farewell to members of the American delegation at the table with Iran. More discussions between Iran and the six nations engaging it were set for next Monday, a senior U.S. official said.

Iranian Foreign Minister Mohammad Javad Zarif said the sides found "a better understanding" at the negotiating table.

Western officials familiar with the talks cited movement but also described the discussions as a moving target, meaning changes in any one area would have repercussions for other parts of the negotiation.

THE ASSOCIATED PRESS



## Sinkhole in Naples, Italy forces 380 to evacuate

This photo taken Sunday shows a view from above of the chasm that opened Saturday and enlarged in the night, forcing the evacuation of about 380 people in the Pianura district of Naples, Italy.

THE ASSOCIATED PRESS

## Missing. Three U.K. girls possibly headed to Syria

Turkish police searched Monday for three missing British schoolgirls believed to be headed to Syria to join the Islamic State of Iraq and the Levant (ISIL) extremist group as their frightened families issued urgent pleas begging the girls to return home.

The girls, said to be "straight-A students" from the same east London school, disappeared last Tuesday without leaving any messages. Author-

ities said they boarded a Turkish Airlines plane to Istanbul.

The relatives of Shamima Begum and Amira Abase, both 15, and Kadiza Sultana, 16, broke down in tears as they spoke of their fears on TV.

"We miss you. We cannot stop crying," said Abase Hussein, Amira's father, clutching a teddy bear Amira gave to her mother on Mother's Day. "Please think twice. Don't go to Syria." THE ASSOCIATED PRESS

## France. Six barred from travel to join extremists

France has barred six people from leaving the country because they wanted to join extremists in Syria, the first such travel ban under a new law aimed at keeping French radicals from gaining violent experience abroad.

Interior Minister Bernard Cazeneuve says some 40 others will face travel bans in the com-

ing weeks. He did not name the six.

The bans issued Monday are the first since a sweeping anti-terrorism law passed last year. The government is especially worried since attacks in Paris last month killed 20 people, including three gunmen claiming ties to Islamic extremists in Syria and Yemen. THE ASSOCIATED PRESS

# Palestinian authorities found liable for Israel terror attacks

The Palestine Liberation Organization and the Palestinian Authority were the catalysts for a series of terrorist attacks in the early 2000s in Israel that killed or wounded several Americans, a U.S. jury found Monday at a high-stakes civil trial.

In finding the Palestinian authorities liable in the attacks, jurors awarded the victims \$218.5 million in damages for the bloodshed. The U.S. Anti-Terrorism Act could allow for that to be tripled.

The case in Manhattan and another in Brooklyn have been viewed as the most notable attempts by American victims of the Palestinian-Israeli conflict to use U.S. courts to seek dam-



Attorney Kent Yalowitz, right, representing those affected by attacks in Israel in the early 2000s, hugs Mark Weiss of New York outside a federal courthouse in New York Monday. THE ASSOCIATED PRESS

ages that could reach into the billions of dollars.

The Palestinian Authority, which had argued that the attackers acted on their own, said it would appeal.

"The charges that were made against us are baseless,"

Deputy Minister of Information Mahmoud Khalifa said in a statement.

None of the victims was in the courtroom Monday for the verdict, but their lawyers called it a victory in the fight against terrorism. THE ASSOCIATED PRESS



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## Florida

## Police dog retires over biting attacks on civilian, officer

A police dog is being kicked off the force after biting a doughnut shop worker and an officer.

The dog, Renzo, age 4, had been with the Coconut Creek Police for a year. The Belgian Malinois bit an officer in November

while tracking a suspect. Last week, he went out of control and bit a Dunkin' Donuts worker.

Renzo and Officer Carl DiBlasi went to the shop to meet a sergeant who began to pet Renzo. The dog lunged at her. DiBlasi tried to restrain Renzo, who broke away and bit the doughnut shop worker.

The retired dog will now live with Officer DiBlasi.

THE ASSOCIATED PRESS

## Texas. Prognosis good for 10-month-old girls separated by surgery

Doctors are optimistic that 10-month-old conjoined twin girls will survive the surgery that has separated them.

It took 26 hours last week to separate the girls, Knatalyne Hope Mata and Adeline Faith, who shared a chest wall, lungs, a part

of their heart lining, diaphragm, liver, colon, intestines and pelvic area, according to surgeon Darrell Cass. The surgery, which took place at Texas Children's Hospital in Houston, had been planned since before they were born. THE ASSOCIATED PRESS



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The last light of the day sets on Mount Everest as it rises behind Mount Nuptse. KEVIN FRAYER/THE ASSOCIATED PRESS

## Nepal to fix safety risks on Everest

**Kathmandu.** Nation works to improve conditions for climbers after avalanche last April killed 16 guides

## Quoted

**"The risk has become truly too great."**

Adrian Ballinger of the California-based **Alpenglow Expeditions**. The firm is ceasing operations on Everest's south side, in Nepal, and shifting to the north face, in China, due to one treacherous section on the south.

Nepal is improving its weather forecasting, stepping up security and promising swift rescues if needed during the upcoming climbing season on Everest in an attempt to recover from the worst mountaineering disaster on the world's highest peak last year.

Fees for individual climbers will also be cut to lure back climbers after last year's season was abandoned due to grief and safety concerns following an avalanche near base camp last April that killed 16 local guides.

For the three-month climbing season that begins in March, the government will ensure safer conditions for both international climbers and Nepalese guides and will set up a camp for officials at base camp, the chief of Nepal's mountaineering department Purna Raj Katuwal said Monday.

"We are working on plans to improve the conditions on the mountain this year. We are setting up a full-time office tent at the base camp, which will have our officials throughout the climbing season," Katuwal said.

That would allow the officials to quickly respond to any problem.

Adrian Ballinger of California-based **Alpenglow Expeditions** said there were too many people on the mountain without climbing experience and that Nepal should have regulations requiring climbers to have high-altitude experience before being issued a climbing permit.

"There is no need for dining tables or heaters at Camp 2," he said, adding that a highly funded and trained rescue team should be at the base camp to respond when needed. THE ASSOCIATED PRESS





Molly Maid president Kevin Hipkins (not pictured) says tech-based 'disruptive' companies like Handy, HomeJoy or TaskRabbit are merely ways to evade taxes — getting around the employer-employee rule by calling their workers subcontractors. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

# New sharing firms make for 'cheats'

**Underground economy.** Tech companies like Uber are emerging in other sectors such as cleaning services

The sharing economy might be getting lots of buzz, but Kevin Hipkins thinks it's just creating "a culture of tax cheats."

Hipkins, president of Molly Maid, a Mississauga, Ont.-based cleaning-services company, says these new "disruptive" tech companies like Handy and HomeJoy, funded through the deep pockets of venture capital, are not playing by the rules.

Because these companies consider the cleaner, handyman or furniture assembler to be independent contractors, they're not employees and therefore not subject to significant employer contributions for items such as

employment insurance or Canada Pension Plan.

Molly Maid, with about 1,200 employees operating in all provinces except Quebec, ends up at a disadvantage when it comes to its profit model compared to these new companies, Hipkins said.

He concedes that cleaning services and cleaners have long represented a huge chunk of the underground economy — some estimates peg it at more than \$3 billion a year in Canada.

Hipkins believes there's a difference when it's a small under-the-table arrangement between a client and individual cleaner, versus a large U.S. company with millions in market capitalization.

Handy, which launched in Toronto last April and in Vancouver in June, says it is absolutely not evading taxes.

"Handy aims to be compliant with all local laws, irrespective of jurisdiction," the company said in an email, arguing the Handy model allows professionals to choose their hours, work and schedule.

HomeJoy, a California-based company, was operating in Toronto but suspended service there late last year. It did not respond to a request for comment.

TORSTAR NEWS SERVICE

## Quoted

"Taxation is a moral responsibility ... I think we are creating a culture of tax cheats."

Kevin Hipkins, president of Molly Maid

## CRTC

### Bell seeks to appeal mobile TV ruling

Bell Mobility has asked the Federal Court of Appeal that it be allowed to appeal a Jan. 29 CRTC ruling, which called the service provider's pricing model for its mobile TV app "unlawful" because it effectively made mobile TV services from other providers artificially more expensive and thereby

uncompetitive.

Bell Mobility charges \$5 a month for its Mobile TV service and allows customers to stream up to 10 hours without counting the usage against their wireless data caps. But if similar content is streamed from another source, the data used is counted, forcing customers who want the alternate programming to pay for additional bandwidth.

THE CANADIAN PRESS

## Market Minute



**DOLLAR**  
79.52¢ US  
(-0.19¢)



**TSX**  
15,200.26 (+28.02)



**OIL**  
\$49.45 US (-\$1.36)



**GOLD**  
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**Natural gas:** \$2.879 (-7.2¢)  
**Dow Jones:** 18,116.90 (-23.60)

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## VOICES

## TRANSIT PLAN OFF MARK

The proposed new bus network is simplified, yes, but the bus may not be scheduled frequently enough for the plan to work



**YOUR RIDE**  
ERICA BUTLER

Halifax Transit's proposed new bus network leans in the direction of the fast, frequent, and reliable network we should have, but it doesn't quite get there.

The plan starts off well enough: There are 10 corridor routes, forming the backbone of the network. These are shorter and straighter than our current routes and, best of all, they reach 175,000 people living within 500 metres.

Then there are 35 local routes, reaching farther out into suburban communities, connecting people to the corridor network.

So far, the plan sounds like what Halifax Transit promised it would be: a simplified, transfer-based network.

The only trouble is it may not be frequent enough to work.

Advocacy group It's More Than Buses has been recommending all-day 15-minute maximum waits on core routes, and maximum 30-minute waits on feeder routes.

Halifax Transit's plan hits these marks, but only during rush hours. The rest of the day, their local corridor network sinks back into 30- to 60-minute waits, making transferring to get somewhere prohibitively time-consuming.

Besides frequency, we also need speed and reliability.

That means getting our buses



A Halifax Transit bus makes its way up a snow-covered Spring Garden Road. Advocacy group It's More Than Buses has been recommending all-day 15-minute maximum waits on core routes, and maximum 30-minute waits on feeder routes. JEFF HARPER/METRO FILE

through traffic.

Halifax Transit's plan mentions the need for transit priority measures (TPMs) such as bus

lanes, queue jumps, priority signals, and separated transit corridors, but recommends adding an average of only one TPM per year,

in the short term. This is an incredibly low goal, one that will leave busloads of people stuck in traffic well after our new network

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hits the streets.

Most of the 15 TPMs we have in place now came in along with Metrolink, which also happened to be an enormous success. The current proposal should include plans for another 15 TPMs (at least), to come online along with the new network in 2016.

Of course, Halifax Transit can't just go out and build TPMs, because transit planners don't design and build our road network. But what they can do is be more demanding on our behalf.

When they go to Halifax regional council this fall, Halifax Transit should be asking council to direct our city's senior managers to put transit priority measures in place, and soon.

In 10 weeks, after listening to us weigh in on their proposed network, Halifax Transit will take it back for final revisions.

Let's hope they find a way to give us all-day frequency for our transfer-based network, and find the fortitude to demand some priority for our buses.

The success of their new network will depend on it.

*Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.*

## When it comes to Gay-Straight Alliances, language matters



**PAM KRAUSE**  
[readers@metronews.ca](mailto:readers@metronews.ca)

Language is important when discussing sexuality — and in a situation where we're trying to promote openness, being vague with the name of Gay-Straight Alliance clubs could backfire.

There have been a lot of conversations about GSAs in schools. Should they be mandatory, can schools opt out of them, and why are they necessary? Most recently, debate sprung up about what they should be called, with some schools in Alberta advocating for

the term "diversity clubs."

Dropping terms such as gay, bisexual and lesbian further alienates an already marginalized group of teens by reinforcing the idea that different sexual orientations are something of which to be ashamed.

Gay-Straight Alliances (GSAs) have existed in North America since 1989 and are instrumental in creating a safer school environment. The clubs work specifically with LGBTQ youth, their allies and supportive teachers to create a safer space for teens, offering advocacy, support or education and awareness.

GSAs generally follow a guide-

line and there have been tool kits developed on what makes a GSA.

Decades of research and practice have given schools a recipe for ensuring a GSA can impact school culture in a positive way for all students.

It is critical that GSAs exist as a separate club devoted to LGBTQ culture. If we were to call these groups "diversity" clubs — a term that is vague and could suggest diversity of gender, ethnicity or ability — we'd be overlooking the unique experiences of what it means to be an LGBTQ youth.

And those experiences are indeed unique. In 2009, a Canadian

Study by the human rights charity Egale found that three-quarters of LGB students and 95 per cent of transgender students felt unsafe at school, compared to only 20 per cent of straight students. GSAs have been instrumental in improving those numbers for LGBTQ teens. Research shows that the existence of GSAs in schools reduces the fear of discrimination among LGBTQ students, that there is less homophobic language in school hallways. More LGBTQ youth in GSA schools report knowing a teacher with whom they can talk safely.

Because these clubs are so im-

portant in promoting a feeling of inclusiveness for LGBTQ teens, and in promoting a sense of dialogue and understanding within the school community, we need to take them seriously.

We need to focus on building acceptance, and not simply settling for tolerance in our communities. Building safe communities for LGBTQ youth through healthy, open and honest Gay-Straight Alliance clubs is an important place to start. Beginning with their names. Because language matters.

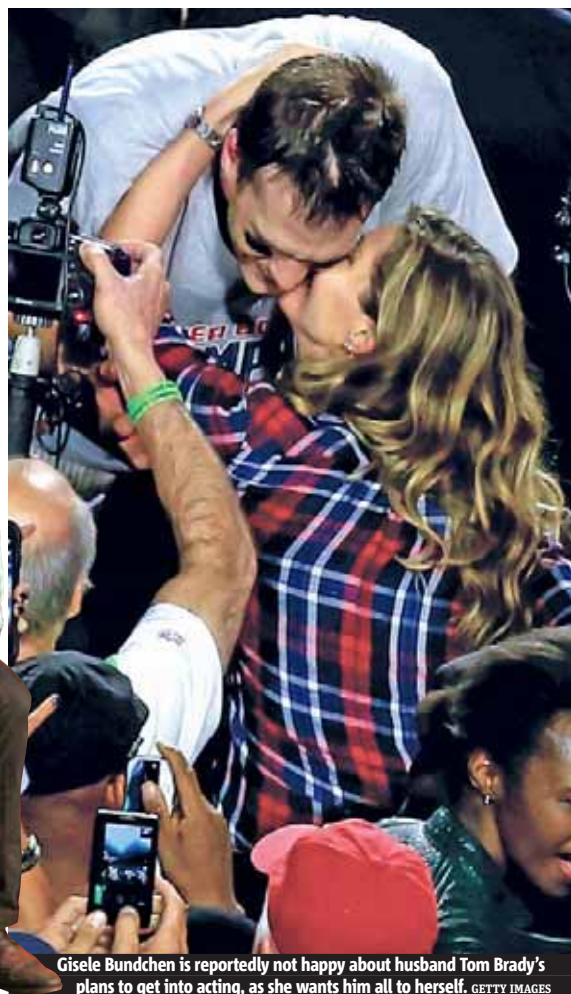
*Pam Krause is the president and CEO of the Calgary Sexual Health Centre*



Gossip

NED EHRBAR

METRO'S TAKE  
ON THE WORLD  
OF CELEBRITIES



Gisele Bündchen is reportedly not happy about husband Tom Brady's plans to get into acting, as she wants him all to herself. GETTY IMAGES

## Gisele's not ready to let Hollywood have Tom

Hey Tom Brady, you were just named the NFL's Super Bowl MVP. What are you going to do now? Head for Hollywood, apparently. According to the fine, reputable folks at Star magazine, Brady is reportedly mulling over an acting career once he retires from football

because why not? "At 37, Tom knows he only has a few seasons left before retirement. He's thinking ahead and believes he could become a huge movie star," a source says. "He's used to being a superstar. After winning the Super Bowl again, he's thinking about new

challenges outside of football." Only one problem, though. His wife, Gisele Bündchen, is said to be not so hot on the idea, if only because of him potentially spending time on screen with attractive female co-stars. But let's not get ahead of ourselves, right?

## Kylie and Tyga are more off than on

Tough breaks for Kylie Jenner. The 17-year-old reality personality has been "crying all week" over the state of her relationship with 25-year-old rapper Tyga, according to Radar Online. "She is afraid that Tyga is going to break up with her," a source explains.

And with good reason, I'd imagine, since Tyga himself said they aren't dating. And he's apparently been getting pressure from his management team to keep his distance from Jenner, which may or may not have something to do with the stink Amber Rose was raising about

the pairing last week. "Tyga's advisers have told him to not be spotted out in public with Kylie doing anything romantic, including holding hands, or kissing," the source says.

"Tyga has tried to reassure

Kylie that they are solid, but she has her doubts." And now I'm off to feel terrible about myself for spending this much time focusing on the dating life of a 17-year-old. Toodles!



Kylie Jenner  
GETTY IMAGES

## Duff's divorce is proceeding at a snail's pace

Hilary Duff has finally filed for divorce from hockey player Mike Comrie a year after they initially announced their separation. And if that doesn't seem like a long enough time to get the paperwork in order, on the filing itself Duff lists their actual date of separation as January 2013, according to TMZ. But hey, you have to be methodical in these things, right? Duff cites the old standby, "irreconcilable differences," for the split, and she's looking to make sure he doesn't get any piece of her finances or earnings, since they reportedly have a prenup.

Hilary Duff  
GETTY IMAGES



# 2 SCENE



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# Best breakup-inspired albums

On March 16, Björk will release the physical version of *Vulnicura*, the album that leaked to the Internet in late January and became available on iTunes shortly thereafter. In nine new tracks, the Icelandic artist explores the consequences of the end of a relationship — specifically, hers with contemporary artist Matthew Barney. To mark the occasion, here's a selection of some of the most notable breakup-inspired albums from recent music history. **AFP**

## The Visitors by Abba

Even in the land of Abba, with its peppy beats and optimistic lyrics, breaking up is hard to do. The *Visitors*, released in 1981, is the band's eighth and final album, and the one that represents the collapse of the group. Benny and Frida had already announced their divorce when the band went into the studio, as had Agnetha and Björn. The breakup theme underscores the entire record and is particularly obvious in the track *When All Is Said and Done*.



## Blood on the Tracks by Bob Dylan

Dylan wrote this album, released in 1975, after the breakdown of his marriage to Sara Lownds, his companion of a decade. While the divorce sent the singer-songwriter into a deep depression, it was arguably instrumental in bringing the world such classics as *Tangled Up in Blue* and *You're Gonna Make Me Lonesome When You Go*.

## 21 by Adele

No one likes to hear it when they're going through it, but sometimes a breakup is a blessing in disguise. For proof, look no further than Adele, who wrote her second album, *21*, after parting ways with her companion at the time. Who can say whether the separation was inevitable, but at any rate, the young singer's career skyrocketed after she became single. The album sold over 20 million copies worldwide and scored a few Grammy Awards, and Adele even went on to pick up an Oscar in the following year for her contribution to the *Skyfall* soundtrack.



## For Emma, Forever Ago by Bon Iver

In 2007, a certain Emma left her boyfriend Justin Vernon, who decided to mend his broken heart in a cabin in the woods of Wisconsin. Three months later, he returned to civilization with his new music project, Bon Iver, and an album with nine tear-jerking tracks. For Emma, *Forever Ago* quickly found favour with indie music critics, and the track *Skinny Love* went on to reach an even larger audience thanks to a cover by singer Birdy.

## Life is Good by Nas

"I was your Johnny Depp, you was my Janis Joplin," Nas raps on *Bye Baby*, a track from his 2012 album *Life Is Good*. The couplet is addressed to the rapper's ex-wife, the R&B singer Kelis, who had filed for divorce a few years earlier while pregnant. On the album cover, Nas holds her wedding dress across his lap and wears a dissatisfied expression, suggesting that life is not actually so good after all.



## Grumbly Domestic Short Hair

Grumbly is a stunning all black two-year-old girl ready to find her forever home. She is very confident and inquisitive with a playful spirit... she will seek out attention and enjoys human companionship. Grumbly enjoys running and chasing toys and is very entertaining to watch! She can be a bit feisty when she gets really excited about playtime so would do best with a cat-savvy owner. She is comfortable living with dogs but would do best as the only cat in the home. **If you are looking for an attentive companion, please visit Grumbly today.**



For more information on **Grumbly** and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# Skin care from the inside out

Besides treating your skin gently by taking shorter showers and moisturizing, you could be doing more to keep it looking and feeling healthy during winter and beyond. Cut out as much sugar as possible because it makes you age faster by interfering with collagen production. Keep green tea handy since it's packed with catechins that boost blood flow. And add these foods to keep your cheeks rosy.

EVA KIS  
Metro in NYC

## Dark chocolate

Is there anything cocoa can't cure? Opt for dark chocolate that's at least 70 per cent cacao — a German study found that the high concentration of flavanols helps thicken skin and boost hydration.



## Olive oil



Whether it's the polyphenols keeping free radicals at bay or monounsaturated fatty acids lubricating skin from the inside out, a 2012 study found that women who ate more than two teaspoons a day showed 30 per cent fewer signs of aging. Look for the cold-pressed and extra virgin kind, which doesn't lose nutrients during processing.

## Sardines

Give these little fish a try. Their omega-3 content is similar to salmon, and those healthy fatty acids are working to keep skin supple by supporting elasticity.



Fill your basket with these foods to incorporate into a skin-care routine. ISTOCK

## Kiwi

They're packed with nearly twice as much vitamin C, pound for pound, as oranges, a vitamin that boosts collagen production, firms your skin and reduces dryness.



## Sunflower seeds

A teaspoonful on your salad is enough to get about a third of your daily vitamin E (which should already be part of your skin care routine). It also has zinc. Both nutrients strengthen cell membranes for a smoother complexion.



## Kale

As if kale needed another thing to add to its resumé. For your skin, it contains the powerful antioxidants lutein and zeaxanthin that eliminate free radicals. Bonus: Kale also contains vitamin C.



# 3 TIPS

**TOP SIX @ 6** Weeknights at 6 Kat counts down the HOTTEST songs of the day

**6** Nick Jonas Chains

**5** Marianas Trench Here's to the Zeroes

**4** Rihanna ft Kanye West & Paul McCartney FourFiveSeconds

**3** Pitbull ft Ne-Yo Time Of Our Lives

**2** Ed Sheeran Thinking Out Loud

**1** Taylor Swift Style

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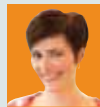
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Health check

## Learn about what's on those labels



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Was your New Year's resolution to read labels more vigilantly? Didn't think so, but it could be one key thing standing between you and your health.

Studies show that knowing which package is better for you does influence your purchase.

Of course, if you

are buying fresh fruits and vegetables, you don't need a label because there isn't one thing in that section that is unhealthy.

The tricky bit is the time it takes to compare products while standing in the aisle.

But there are shortcuts:

- Look only at the ingredient list.

It should be very short and contain only whole foods

- The per cent daily value of sodium represents your maximum for the day, so each snack food should be less than 15 per cent per serving.
- The less sugar the better, no matter the source (including fruit!)
- Whole frozen meals should represent less than 500 calories per serving and you should be careful to only have the specified serving size

Be sure that you are filling at least half of every plate with items from the fresh produce aisle and you can't go wrong.

**Snack foods should be less than 15 per cent of your daily value of sodium per serving.**  
ISTOCK

Nutrition Facts		
Serving Size 2/3 cup (51g)		
Servings Per Container About 9		
	Cereal with 1/2 cup	Cereal, Skim Milk
Amount Per Serving		
<b>Calories</b>	240	280
Calories from Fat	70	70
% Daily Value**		
<b>Total Fat</b> 8g*	12%	12%
Saturated Fat 2.5g	13%	13%
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 50mg	2%	5%
<b>Total Carbohydrate</b> 37g	12%	14%
Dietary Fiber 3g	12%	12%
Sugars 13g		
<b>Protein</b> 4g	8%	16%
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	6%	6%

# Take comfort in these tasty low-cal cheater cabbage rolls

**Casseroles.** This is one recipe where cutting corners yields some great results

Comfort food casseroles used to take too much time and cost too much in terms of calories, but with a few smart shortcuts, they can be your weeknight secret. In these rolls, I used PC instant brown rice, which saved me 40 minutes and layered the cabbage rather than roll each individual one.

## Directions

1. Bring broth and water to boil in a very large pot. Cut core from cabbage centre and drop, cut part facing down into broth.

Allow the liquid to return to the boil to loosen and soften leaves.

2. Remove cabbage from liquid and peel off 12 large leaves of cabbage.

3. Add rice to the broth, cover and simmer for 10 minutes. Stir in Italian seasoning and garlic powder.

Empty into a large bowl and set aside.

4. In the same pot, cook grated onions and carrots in a little oil



This recipe serves 10. THERESA ALBERT

until soft and add to rice bowl.

5. Use the same pot to cook ground beef in 1/2 cup water until fully boiling and cooked through.

Pour off all water and fat through strainer and add to the rice pot. Next, add half a jar of tomato sauce to the rice.

6. Roll cabbage leaves lengthwise and cut across the grain to make strips and lay half into the bottom of a casserole dish.

7. Top with rice and beef mixture. Top with remaining chopped cabbage leaves and remaining tomato sauce.

(Can be stored in the fridge up to 2 days at this stage).

8. Cover with foil and bake 375 degrees for 20 minutes.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Ingredients

- 2 cups beef broth
- 1/2 cup water
- 1 head Savoy cabbage
- 2 cups instant brown rice
- 1 tbsp Italian seasoning
- 1 tsp garlic powder
- 1 tsp extra virgin olive oil
- 2 onions, grated
- 2 carrots, grated
- 1 tsp grapeseed oil
- 1 lb ground beef medium
- 1 jar tomato sauce

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NHL

## Montador donated brain to research

Before concussions were a hot-button topic in hockey, Steve Montador knew all about the impact of head injuries. Five years ago, while he was still playing in the NHL, Montador committed to donating his brain to future research.

Dr. Charles Tator of the University of Toronto told that story at Montador's memorial service Saturday in Mississauga, Ont. It's one final showing of generosity that many of his friends and former teammates didn't know about.

"He didn't know when it was going to be, but when it did happen he wanted to donate his brain," former Calgary Flames teammate Craig Conroy said.

Montador died Feb. 15 at the age of 35.

THE CANADIAN PRESS

## Cowen suspended three games

Jared Cowen of the Ottawa Senators says he has no intention of changing his game despite being handed a three-game ban for his hit on Florida's Jussi Jokinen.

The suspension doled out by the NHL on Monday comes at a most unfortunate time for the Senators as they head out on a five-game western road trip. They will be without the defenceman as they face Anaheim, Los Angeles and San Jose.

"I'm trying to be a physical player out there and do my job," Cowen said. "If I don't do that I'm not in the lineup. To do that, you've got to play on the edge." THE CANADIAN PRESS

# Navarro stands firm with trade request

**MLB.** Projected backup catcher remains polite and professional to open spring training

Toronto Blue Jays catcher Dioner Navarro, facing an uncertain future with the arrival of Russell Martin, confirmed Monday that he wants out.

The 31-year-old from Venezuela said he had asked the team for a trade back in November when Martin was signed to an \$82-million US, five-year contract.

Navarro says nothing has changed. He wants to go to a team where he can play every day.

He says he holds no grudges and will work hard the whole spring, hoping an opportunity comes his way. But he acknowledged he was frustrated and a little disappointed that nothing has happened yet in terms of a new home.

"I don't know when did it go wrong, if anything did go wrong," Navarro said of his time with Toronto. "I'm just going to be ready and do my job."

Navarro, who hit .274 with 12 home runs and 59 runs batted in last season, faces being a designated hitter and backup catcher with the Jays. He is on the final year of a two-year deal that will pay him \$5 million this season.

While Navarro was professional and polite in speaking to the media, his public desire to leave the club was hardly the opening spring training message the Jays wanted.

Still manager John Gibbons, who spoke to the media before Navarro, said he understood his catcher's frustration.



Blue Jays catchers Russell Martin, left, and Dioner Navarro get ready to take part in batting practice in Dunedin, Fla., on Monday. NATHAN DENETTE/THE CANADIAN PRESS

Quoted

**"I would just like to play every day somewhere."**

Blue Jays catcher Dioner Navarro who drops in the depth chart with the arrival of Russell Martin

bons, who spoke to the media before Navarro, said he understood his catcher's frustration.

"I can't blame him for not being happy. He's a competitor, he's a big-league player, a good one," Gibbons said, insisting there was a place for Navarro on the team.

Martin said he had a good relationship with Navarro, dating back to their time with the Dodgers.

"We're going to both try and help the team as best we can," Martin said. "I'm sure that if he could be in a gig where he could catch every day, I'm sure he would prefer that but that's something that's out of his control for now."

"The only thing he can control is his attitude and so far it's been fantastic. And (it) hasn't made me feel weird at all. He's been a good teammate so far. It's only Day 1 but the attitude is the right one

Catching the knuckleball

Russell Martin drew a lot of attention during his opening bullpen session with Daniel Norris. Knuckleballer R.A. Dickey used personal catcher Josh Thole for his throwing time.

- Manager John Gibbons said that was just for the first day of camp. Martin will be given the chance to catch for Dickey.

and hopefully we can keep that going." THE CANADIAN PRESS



Pelicans guard Tyreke Evans, left, shoots against Raptors guard Kyle Lowry in New Orleans, Monday. GERALD HERBERT/THE ASSOCIATED PRESS

## Pelicans peck away at Raps to earn comeback victory

Alexis Ajinca capped a 16-point performance with a go-ahead layup in the final minute, and the New Orleans Pelicans erased an 18-point deficit en route to a 100-97 victory over the Toronto Raptors on Monday night.

Luke Babbitt scored 18 for New Orleans, including a clutch three-pointer that gave the Pelicans their first lead of the game with 1:55 to go.

The clutch outings by the

On Monday

100

Pelicans

97

Raptors

two reserves helped New Orleans overcome the absence of all-star Anthony Davis and

Ryan Anderson, who were both injured Saturday night in Miami.

Newly acquired Norris Cole scored 15 for New Orleans. Omer Asik added 14 points and 11 rebounds, and Tyreke Evans had 13 points and 12 assists.

Kyle Lowry scored 22 for Toronto, which lost its second straight. Jonas Valanciunas had 17 points and 14 rebounds. THE ASSOCIATED PRESS

4 SPORTS



# Lupul: I want to stay; I love Toronto



Joffrey Lupul is rumoured to be one of the Leafs' top trade chips. RICHARD LAUTEN/TORSTAR NEWS SERVICE

**Wanted man.** Despite several clubs chasing him, winger is keen to remain a Leaf but will accept trade if it comes

Maple Leafs winger Joffrey Lupul says he wants to stay in Toronto, but understands if he's not in the plans for a team that is on the brink of a rebuild.

"I like playing here, I love Toronto," he said. "I don't think the team is as bad as we showed. I think there are definitely some positive pieces here."

"But if I'm not in the plans here, if they truly are wanting to make as many changes as I keep hearing about, I'm comfortable that way, too."

A number of teams are said to be interested in Lupul, 31, despite his well-chronicled history of injury. He has missed about 30 per cent of games since being acquired by the Leafs. Montreal, Boston and

the New York Rangers have had scouts following the Leafs around.

There's no shortage of Leafs rumoured on the way out, including Daniel Winnik and David Booth, who are unrestricted free agents on July 1. Lupul has three more years left on a deal with a cap hit of \$5.25 million. Moving Lupul, like moving captain Dion Phaneuf (six years after this with a cap hit of \$7 million), would create a great deal of cap space for GM Dave Nonis.

Lupul would be a lot easier to trade, since his deal is smaller, therefore easier to fit under a team's salary cap. He has a "limited no-trade" clause that requires him to submit a list of teams every summer to which he'd allow himself to be traded. He says he doesn't have inside information on the team's plans, and no one in management has said anything to him.

"I assume they're listening to offers on everyone and take it from there," said Lupul.

"There's not much I can do if that's the road we're

## Positivity in dark times

**"I think there are some really positive pieces. We've seen some young guys play better."**

Joffrey Lupul

going down."

Lupul wondered, however, at the wisdom of tearing down the entire roster, as has been suggested. "I think there are some positive pieces. We've seen some young guys play better."

His return to the lineup on Saturday gave the team an apparent boost and he helped lead it to rare victory.

"I was not going to play him as much as I did, but he did not want to be eased in; he wanted to go," said Leafs coach Peter Horachek. "That mindset, that leadership was important to us. For him to know it was important, for him to be ready to play, that was real good leadership on his part."

TORSTAR NEWS SERVICE

## Expect the unexpected

After a wild weekend in domestic play, here is a look at what to expect from the four Champions League games this week:

THE ASSOCIATED PRESS

Photos by Getty Images



### Juventus faces wobbly Borussia

Juventus will not underestimate Dortmund when the Bundesliga strugglers come to Turin.

The two teams are enjoying very different seasons domestically. Juventus moved nine points clear at the top of Series A at the weekend, while Dortmund only recently climbed out of the German league's relegation zone following three successive wins.

"Anything can happen over two matches," Juventus defender Giorgio Chiellini said.

### Weekend results add intrigue at City

While Manchester City arrives from a 5-0 thrashing of Newcastle, Barcelona saw its 11-game winning streak end in a 1-0 home loss to Malaga on Saturday when Messi, Neymar and Luis Suarez were held in check.

"The loss is painful and deserved," Barcelona coach Luis Enrique said. "Time will tell if it affects the game in Manchester."

Injury worries have relented for City manager Manuel Pellegrini, too, meaning that suspended Yaya Toure is the only starter definitely missing.



### Arsenal armed and dangerous

With eight wins in its last nine games, Arsenal heads into the first leg of its tie against Monaco in impressive form.

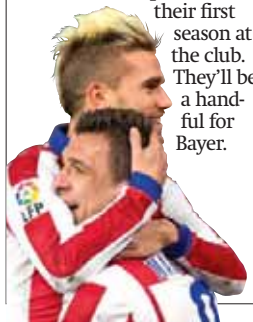
Arsenal has been eliminated at this stage of the competition in each of the last four seasons but will be confident its current winning momentum can help it overcome its French opponents over two legs.

Monaco goes into the fixture off the back of a late 1-0 win at Nice on Friday, with substitute Bernardo Silva scoring five minutes from time to secure three points.

### Bayer ripe for Atletico strikers

Roger Schmidt's Bayer Leverkusen side has been dropping points conceding injury time goals in recent games — drawing 2-2 at Augsburg and losing 5-4 to Wolfsburg the weekend before.

Atletico Madrid's strike pair of Mario Mandzukic and Antoine Griezmann are proving effective this season, with 37 goals (20 and 17, respectively) across all competitions in their first season at the club. They'll be a handful for Bayer.



## Hernandez trial. Cleaner claims to have found guns

A woman who cleaned the home of former New England Patriots player Aaron Hernandez testified Monday at his murder trial that she saw two guns there before the killing.

Hernandez has pleaded not guilty to the June 17, 2013, killing of Odin Lloyd, who was dating the sister of Hernandez's fiancée. His body was found in an industrial park not far from Hernandez's home. The .45-calibre gun used to shoot him six times was never found.

Marilia Prinholato testified under questioning from prosecutors that she saw the first gun around May 7, 2013, her second time cleaning the house. She said she was straightening the fitted sheet on the bed in a basement guestroom when she discovered it. Prinholato described it as black, heavy and 30 to 40 centimetres long, and she said she put it back under the mattress where it had been. She said she saw the same gun once more, the following week, when she lifted up the mattress to see whether it was still there.

A few weeks later, Prinholato said, she was in Hernandez's bedroom with her boss, who was folding Hernandez's dirty khakis.

As the boss put the pants away in the closet, Prinholato said, the boss pulled a smaller



Aaron Hernandez in court in Fall River, Mass. AP PHOTO

silver gun with black details from the pocket. This gun was 15 to 20 centimetres in length, she said. Hernandez's lawyer Michael Fee asked Prinholato if she knew the company that made the gun or the calibre of bullets it used, and she said she did not.

Also Monday, two witnesses testified about hearing several loud bangs like fireworks around the time of the killing. Both worked the night shift in the industrial park and said they were sitting in their cars after 3 a.m. The first said she heard around five bangs between 3 and 3:30 a.m. while she napped in her car. The second said he heard about six or eight loud bangs after 3:20 a.m.

THE ASSOCIATED PRESS



## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your  
Metro News app for today's  
crossword and Sudoku answers.**  
**It's OK. No one's watching.**



### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

Someone you believed was trustworthy will show their true colours. In a way, they have done you a favour — you know not to trust them again.

#### ♉ Taurus

**April 21 - May 21**

If you find it hard to communicate with those around you over the next 24 hours, it may be the planets' way of telling you this is not a good time to discuss serious matters.

#### ♊ Gemini

**May 22 - June 21**

Someone in a position of power will say something that annoys you today, not least because it seems to cast doubts on your expertise. Don't take it too seriously.

#### ♋ Cancer

**June 22 - July 23**

You won't be sociable today but that's OK; you need time to plan your next move. Don't give up on a long-term ambition. *It can* be done.

#### ♌ Leo

**July 24 - Aug. 23**

Spell out what it is you intend to do over the next few days so there can be no confusion. However, having made your plans public you must stick with them.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

Don't let anyone pressure you into making a hasty decision today, especially as it will be you who gets the blame if it all goes wrong.

#### ♎ Libra

**Sept. 24 - Oct. 23**

Your mind may be sharp and clear but that does not mean the conclusions you reach will be right. Wherever possible, do your own research.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

You may be tempted to rush through a task at top speed, but if you do, you may make a bad job of it. Do it right the first time.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Plan ahead but try not to actually do anything. If you give your brain a rest today it will be working better later in the week, when important decisions have to be made.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

You are having doubts about something you thought was a great idea. But don't give up, because a few days from now your doubts will be gone and it will be a great idea again.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

You are desperate to make an impression, but don't break the rules or, worse, break the law. The impression must be positive, not negative.

#### ♓ Pisces

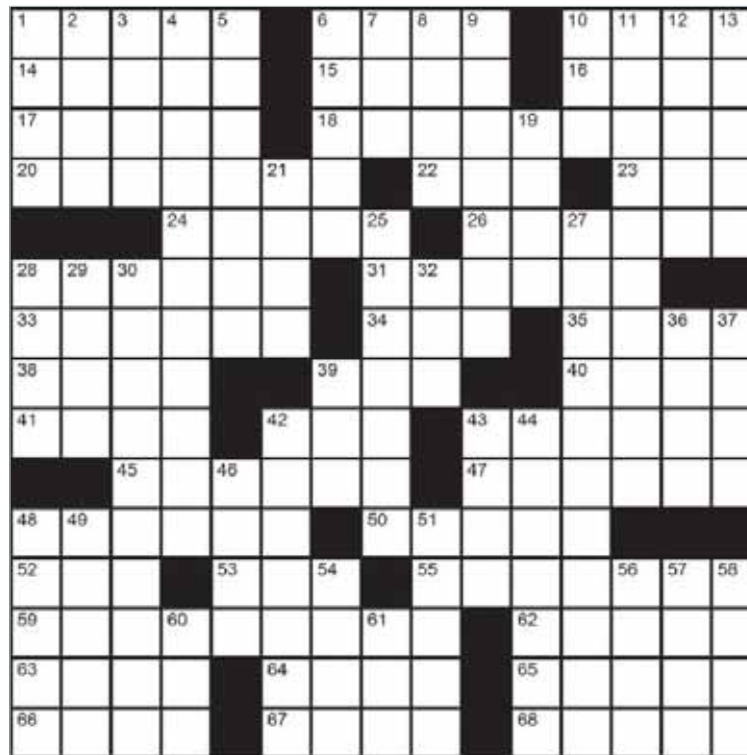
**Feb. 20 - March 20**

If someone asks you to help with a cause close to your heart, you will do so eagerly. But before you do, make sure you are dealing with professionals, not amateurs.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

- Tim \_\_, Canadian journalist to which Prime Minister Trudeau made his famous 'just watch me' quote in 1970
- Hungry feeling
- Company bosses, collectively [abbr.]
- Then: French
- Moulding type
- \_\_ knot
- \_\_ 6 a.m., like an alarm clock
- CBCS = Canadian Broadcast \_\_ Council
- Canadian cycling great Curt
- Casual shirt
- Newspaper in Calif.'s largest city [acronym]
- \_\_ lights (Movie set brighteners)
- Frill
- Ms. Lansbury
- Magical potion
- "Fifty Shades of Grey" actor Jamie
- Ms. Richie, briefly
- Poetically approaching
- \_\_ now (Up to this point)
- 'Sure' signal
- Computers: Prefix to 'byte'
- Dry: Spanish
- Silent
- #29-Down's answer, informally
- Epoch when ancestors of the modern



- horse appeared
- Furniture polish brand
- Stage musical, Bye Bye \_\_
- Goat-antelope of Japan
- Whichever
- \_\_-la-la!

- Dance judge Nigel
- \_\_ sweater
- Prince William's brother
- "The Bridge on the River \_\_" (1957)
- "This should come \_\_ surprise..."
- Uplift

- Video game maker
- Nashville, \_\_
- Mister, in Madrid

#### Down

- Foolhardy
- Epithet for Athena
- Tolkien's trilogy,

- tiny-ly
- Genetically-modified grub
- Canadian actress Ms. Warren
- Mail, in Montreal
- 007, e.g.
- Tidy
- Not a name brand

- Kingston Trio hit
- 1991 Matthew Sweet song
- Track star's 'necklace'
- Preference
- Two: French
- Vancouver-born actress Valerie
- Making-organs 'instructions'
- Vancouver Canucks mascot: 3 wds.
- "Cold Mountain" (2003) heroine, and others
- Olfactory organ
- Show on Oprah's network OWN starring two Canadians, "Anna & Kristina's \_\_"
- Jar's closer
- Watered-down rum
- Smog
- Convent dweller
- Kalahari Desert animal
- Agile
- Garments
- Adduce
- Gives support to
- Floored: 2 wds.
- Mr. John
- Cove: French
- "\_\_ Torino" (2008)
- "Is that for here \_\_ go?" (Fast food query)
- Glanter
- \_\_ Fail (Irish coronation stone)
- Hostel

### Yesterday's Crossword



#### Online

See today's answers at  
[metronews.ca/answers](http://metronews.ca/answers)

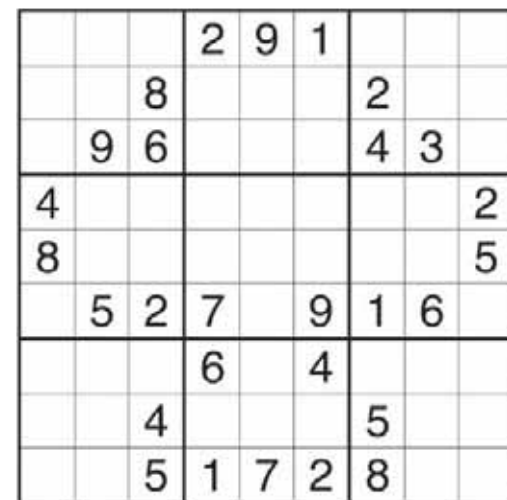


### Conceptis Sudoku by Dave Green

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku



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